

NORTHERN BEACHES

Regional Course Coordinator: Runa Schmidt-Muller
runasm@ihug.com.au **Enquiries only**

NORTHERN BEACHES REGION OF SYDNEY U3A

Notice is hereby given that the
Annual General Meeting and Election of Office Bearers
will be held on

Thursday 26 March commencing at 11.00 am

at

North Curl Curl Community Centre
Corner of Griffin and Abbott Roads North Curl Curl

Guest Speaker: Daniel Angus, Deputy Commissioner, Psychosocial Support Manager at CanTeen Australia

Doors will be open from 10:30 for examination of reports and minutes from last year's meeting
Election of: President, Treasurer, Secretary, Course Coordinator plus committee members
Nomination forms will be included in the U3A Northern Beaches newsletter and on our website

Signed and completed forms should be returned to Olivia Kesby
5/30 Evans St, Freshwater 2096 no later than 18 March

For catering purposes please note that lunch will be \$25 payable in advance, soft drinks provided, or BYO.
Please respond by Wednesday 11 March to Gaye Pringle gayepringle@gmail.com 0407 248 331 or 9975 3182

PLEASE SEE OUR 4 ENTRIES IN 'EVENTS'

AVALON RECREATION CENTRE

Activity Rm 3 59 Old Barrenjoey Rd. Street parking
Wheelchair access

ART GROUP

Enjoy the company of other artists with varying levels of skill.
Bring your own equipment (any medium). No tuition given

Each Monday from 13 Jan

Session 1 9:30 - 12:15, Session 2 12:15 - 3:00

Leader: Gen Watts 0423 213 273 genwatts@hotmail.com

Bookings: Eve Lane 0455 948 864 evelane222@gmail.com

BALGOWLAH: CLUB TOTEM

Washaway Rm Lvl 3 195 Condamine St Parking available,
lift from car park. Wheelchair access

Venue Coordinator: Maureen Smith 9982 7985
maureensmith2099@gmail.com

LITERATURE

A wide range of authors and their books are discussed.
These include *Too Much Lip* by Melissa Lucashenko,
The Butcherbird Stories by A S Patric and *Boy Swallows*
Universe by Trent Dalton

Alt Wednesdays from 5 Feb 11:00 - 1:00

Leader: Maureen Smith 9982 7985

maureensmith2099@gmail.com

Bookings: Helen Moore 9975 5203 helen.moore@iinet.net.au

BELROSE: GLENAEON RETIREMENT VILLAGE

207 Forest Way Village Community Centre. Parking
available inside village. Wheelchair access
Venue Coordinator: Margaret Robinson 0417 496 912
merobinson2@bigpond.com

MAH JONG WESTERN STYLE

Play Mah Jong with a friendly group in very comfortable
and scenic surroundings. Assistance given but no lessons.
All welcome

Each Tuesday from 4 Feb 9:00 - 12:00

Leader: Penny Bright

Bookings: Margaret Robinson 0417 496 912
merobinson2@bigpond.com

COLLARROY: WARRINGAH PLACE RETIREMENT VILLAGE

Activities Rm 1039 Pittwater Rd Street Parking.
Wheelchair access

Venue Coordinator: Mary Comber 9948 4064
(No school and public holidays)

ISSUES FOR DISCUSSION (12)

The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other U3A members

Alt Thursdays from 30 Jan 2:00 - 4:00

Leader: Terry Ryan

Bookings: Mary Comber 9948 4064

marycomber1@inet.net.au

PLAY THE RECORDER (12)

A recorder group at a medium level playing soprano, alto and tenor recorders from the Renaissance to Bach through to Modern and Jazz, in the company of friendly people

Each Monday from 10 Feb 10:30 - 12:00

Leader and **bookings:** Colleen Russell 9918 3817

COLLAROY PLATEAU: RSL ANZAC VILLAGE 'THE WAR VETS'

Veterans Pde Limited on-site parking. Wheelchair access

ART: PAINTING AND DRAWING IN ANY MEDIUM (14)

Montgomery Hall. If you are an artist, or would-be artist, haven't painted for years, or would just like to paint with a friendly group, maybe we are what you need

Each Monday from 3 Feb 1:00 - 4:00 (No public holidays)

Leader: June Rodden 9402 4550

Bookings: Shirley Jensen 9982 4395

CREATIVE PHOTOGRAPHY (20)

Colooli Conference Rm. Photography is best learned by experience, so in this group we will alternate outings to interesting photographic locations with feedback sessions learning from one another, rather than formal lectures. Participants in our previous tutorial-based courses are welcome to re-join. (10 sessions)

Alt Fridays from 21 Feb 10:00 - 12:00

Leaders: Laurie Wilson and Ian Thompson

Bookings: Laurie Wilson 9938 1454

laurie.wilson@optusnet.com.au (preferred)

FORESTVILLE: FOREST COMMUNITY ARTS CENTRE

Darley St. Parking available. Wheelchair access

Venue Coordinator: Terri Nixon 0414 358 318

thenixons23@optusnet.com.au

CANASTA - BOLIVIA VERSION

Join us and take the opportunity to learn the intricate strategies of this version of Canasta. Tuition will be provided on 11 and 18 February

Each Tuesday from 11 Feb 1:30 (prompt) - 4:30

Leader and **bookings:** Jen Hill jenhill949@gmail.com

CREATIVE WRITING (12)

Lorikeet Rm. This course does not teach writing. We edit, advise and discuss each member's current work. We work through the school holidays

Alt Mondays from 10 Feb 1:00 - 4:00

Leader and **bookings:** June McKimmie

junemckimmie@gmail.com

FOREST HISTORY

A great opportunity to find out more about the history of our Forestville area. Please join us to hear about it with the Northern Beaches Local History librarian. Heather Flawith Rm

Tuesday 12 May 10:00 - 12:00

Leader: Michelle Rowland

Bookings: Terri Nixon thenixons23@optusnet.com.au

HISTORY OF THE USA: MODERN TIMES

Studio. These four talks explore themes in US History for the period after the Civil War to today. They follow on from the talks given in Semester 2, 2019 on the early days of the USA

Each Tuesday from 10 Mar 10:00 - 12:00

Leader: Peter Nixon

Bookings: Terri Nixon thenixons23@optusnet.com.au

LAUGHTER WELLNESS

Heather Flawith Rm. Join us each fortnight for the happiest wellbeing program ever. You will enjoy interactive laughter exercises combined with deep yoga breathing that together create and sustain positive energy and wellbeing. Suitable for everyone. No ability needed just comfortable clothing

Alt Tuesdays from 11 Feb 10:30 - 11:30

Leader: Jane Broadbere 0407 667 534

jane.broadbere@gmail.com

Bookings: Jen Hill jenhill949@gmail.com

ROMAN HISTORY: CHRISTIANITY IN LATE ANTIQUITY

Heather Flawith Rm. By the end of the C4th, the Roman Empire was officially Christian. What changes in lifestyle did this have on its inhabitants? What effect did it have on its relationship with the State?

Alt Thursdays from 19 Mar 2:00 - 4:00

Leader: Leonie Hayne 9417 2894

Bookings: Sonia Jenner sonia.jenner@gmail.com

FORESTVILLE: RSL CLUB

22 Melwood Ave Bistro

CRAFT IN THE FOREST

Join an inspirational group of craft enthusiasts for a relaxing morning of chat and the sharing of new skills. All crafts and art genres welcomed. No prior knowledge expected or assumed but the love of learning new creative ideas is mandatory

Alt Fridays from 7 Feb 10:00 - 12:00

Leader and **bookings:** Beth Robertson 9452 2396

bethrobertson@aapt.net.au

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd Parking available

Venue Coordinator: Rosemary McCulloch

ramccull@gmail.com 0448 095 958

FRIDAYS IN THE FOREST

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.

(5 sessions) **Bookings not required**

Last Friday in each month commencing

28 Feb 10:00 - 12:00

Leader: Rosemary McCulloch 0448 095 958

ramccull@gmail.com

1. Abraham Lincoln

Of all the great statesmen of the C19th few equal and none surpass this man in wisdom, humour, character and in achievement

Friday 28 Feb Speaker: Rosemary McCulloch

2. Northern Beaches Council

Michael Regan was the first popularly elected Mayor of Warringah in 2008 and was re-elected in 2012 and 2019. He was the first Mayor of Northern Beaches Council

Friday 27 Mar Speaker: Mayor Michael Regan

3. Starring at the Stadium

Remember those great shows at Sydney's Stadium? Enjoy memories with great video clips of yester years and learn about what ever happened to these stars

Friday 24 Apr Speaker: John Watt

4. Iran - Past and Present

An illustrated talk tracing the 2,500-year history of Iran to the present day

Friday 29 May Speaker: Cindy Broadbent

5. Lady Hamilton and Lord Nelson

Emma Hamilton became the confidante of the Queen of Naples, the lover of the national hero, Horatio Nelson and the muse of a fashionable English painter

Friday 26 Jun Speaker: Jim Murray

MONA VALE MEMORIAL HALL

Meeting Rm 1606 Pittwater Rd Parking available

Venue Coordinator Elizabeth Waring

elizabethwaring5@gmail.com

FRENCH INTERMEDIATE ONGOING

Gentle paced course on all aspects of the French language. Reasonable vocabulary and knowledge of grammar required. Book used is *Easy French Reader Third Edition* by R de Roussy de Sales

Alt Tuesdays from 4 Feb 10:00 - 12:00

Leader and **bookings:** Olivia Kesby 9938 3028

olivia.kesby@gmail.com

FRENCH LEVEL 3

This course covers reading, writing, grammar, and conversation. Must have basic knowledge of the language. Textbook used: *French Made Simple* by Pamela Rose Haze

Alt Mondays from 10 Feb 2:30 - 4:30

Leader and **bookings:** Sarita Wright 9970 5906

saritawright35@gmail.com

FRENCH LEVEL 4

For those who already have a comprehensive grasp of grammar and conversation. Textbook used Collins *Advanced French Grammar*, plus a variety of literature

Alt Mondays from 3 Feb 2:30 - 4:30

Leader and **bookings:** Sarita Wright 9970 5906

saritawright35@gmail.com

HISTORY OF PHILOSOPHY 3

We cover the philosophical system of Hegel, including his metaphysics philosophies of history and politics. No previous knowledge of philosophy is required

Alt Tuesdays from 11 Feb 1:00 - 3:00

Leader and **bookings:** John Lauricella 9918 2142

jml1010@yahoo.com

NARRABEEN: BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway) Parking available
Wheelchair access

Venue Coordinator: Barbara Larkin 9913 3481

jeddassam1@bigpond.com

ACOUSTIC GUITAR GROUP

Rm 2, Lvl 1 The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts needed. Bring own guitar and music stand

First three Wednesdays in each month from

5 Feb 10:30 - 12:30

Leader and **bookings:** Harvey Broadbent 0414 486 675

harveybroadbent1915@gmail.com

ADVANCED FRENCH

Rm 2 Lvl 1. Focusing on grammar and dictation, reading and conversation

Alt Mondays from 3 Feb 10:00 - 12:00

Leader and **bookings:** Sarita Wright 9970 5906

saritawright35@gmail.com

CREATIVE PAINTING WORKSHOP

Education Centre, Gnd Fl. A relaxed group with varying levels of skill, we work on our own projects and are self-directed. If you love your art join our group where we commonly share techniques, ideas and information

Each Thursday from 9 Jan 1:00 - 4:00

Leader: Susan Davies 0414 799 324

Bookings: Suzanne Allan 0458 712 033

zanne07@gmail.com (preferred)

FRENCH POST BEGINNERS (15)

Rm 2 Lev 1. On-going gentle paced course for people wishing to further their knowledge of the French language.

Basic grammar and vocabulary required. Book used is *French Made Simple* by Pamela Rose Haze

Alt Fridays from 14 Feb 10:00 - 12:00

Leader and **bookings:** Olivia Kesby 9938 3028

olivia.kesby@gmail.com

GENEALOGY AND FAMILY HISTORY

Education Centre, Gnd Fl. Find your ancestors, discover your family history, grow your family tree. Learn how to preserve the past for future generations. Suitable for beginners and intermediate researchers. Internet searching skills essential. Notes provided. Bring your Wi-Fi enabled laptop or tablet (8 sessions)

Alt Fridays from 7 Feb 10:00 - 12:00

Leader and **bookings:** Leigh Haines 0417 212 424

haines.avalon@bigpond.com

HISTORY OF PHILOSOPHY 2

Education Centre Gnd Fl. We cover the critical philosophy of Kant, including his master work *A Critique of Pure Reason*, as well as his ethical works. No previous knowledge of philosophy is required

Alt Fridays from 14 Feb 10:00 - 12:00

Leader and **bookings:** John Lauricella 9918 2142

jml1010@yahoo.com

INTERMEDIATE SPANISH

Education Centre Gnd Fl. Aims at developing confidence in Spanish speaking skills, whilst revising and expanding grammar, vocabulary and cultural content. For those with language skills equivalent to one-two years of Spanish. Newcomers welcome

Please contact course leader for expected previous knowledge

Each Monday from 24 Feb 2:00 - 4:00

Leader and **bookings:** Alexis Tabensky 0424 983 618
a.tabensky@unsw.edu.au

LATIN FOR BEGINNERS (20)

Education Centre Gnd Fl. This course introduces classical Latin grammar, sentence patterns and vocabulary through exercises and readings with the objective of introducing you to Latin literary text. No prior knowledge required.

Text: *Oxford Latin Course Part 1 - Student Book* (ISBN 9780199122264)

Alt Fridays from 7 Feb 1:30 - 3:30

Leader and **bookings:** Gail Sadler 0420 989 170
gailasadler@gmail.com

LAUGHTER WELLNESS

Education Centre, Gnd Fl. Join us each fortnight for the happiest wellbeing program ever. You will enjoy interactive laughter exercises combined with deep yoga breathing that together create and sustain positive energy and wellbeing. Suitable for everyone. No ability needed just comfortable clothing

Alt Tuesdays from 4 Feb 9:30 - 11:00

Leader and **bookings:** Jane Broadbere 0407 667 534 jane.broadbere@gmail.com

THE 3RD AGE ROCK ORCHESTRA

Church. The group will continue building a repertoire of classic rock music. Bring own instrument and music stand

Each Wednesday from 5 Feb 2:00 - 5:00

Leader and **bookings:** Harvey Broadbent 0414 486 675
harveybroadbent1915@gmail.com

TRIVIA FOR SENIORS

Education Centre Gnd Fl. Interesting and tricky questions and topics well suited to the U3A age group. Get up a team or come on your own and give the grey cells a workout. Prizes for the winning team

Alt Fridays from 14 Feb 1:00 - 3:00

Leader and **bookings:** Janet Atkinson 9970 6019
sophie@easy.com.au

UKULELE FOR BEGINNERS

Rm 2 Lvl 1. If you have always wanted to play something and never got around to it, the ukulele is your answer. No previous knowledge of music is needed. It is great fun and pretty easy to learn

Each Tuesday from 4 Feb 1:30 - 2:30

Leader and **bookings:** Felicity Davis 9979 8633
felicity@sciencefilms.com.au

UKULELE - INTERMEDIATE / ADVANCED

Education Centre Gnd Fl. If you have learnt six basic chords, now is the time to move to or join this group. Lots of fun, strumming, singing and an opportunity to learn how to lead a song and microphone technique

Each Tuesday from 7 Jan 1:30 - 3:30

Leader and **bookings:** John Peters 0412 161 069
jayefpe@hotmail.com

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

Lakeview Hall 1395A Pittwater Rd Limited off-street parking
Wheelchair access

Venue Coordinator: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

MUSIC TO REMEMBER

Each session will concentrate on one particular classical composer with examples of legendary performances from the past as well as recordings by artists of today Relax and enjoy listening

Alt Tuesdays from 11 Feb 11:00 - 1:00

Leader and **bookings:** Rosemary McCulloch 0448 095 958
ramccull@gmail.com

OPERA AND BALLET ON SUNDAYS

This highly successful series has been expanded to include ballet as well as opera. We shall watch, on DVD, outstanding performances from opera houses around the world. Break between acts for lunch

Alt Sundays from 16 Feb (except 12 April) 11:00 - 3:00

Leader and **bookings:** Rosemary McCulloch 0448 095 958
ramccull@gmail.com

TUESDAYS AT THE TRAMSHED

A series of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject (5 sessions)

Bookings not required

Monthly from Tuesday 4 Feb 11:00 - 1:00

Leader: Rosemary McCulloch 0448 095 958
ramccull@gmail.com

1. **Weird and Not So Wonderful Histories**

Join Harvey Broadbent for a look at the lighter side of history that feature the bizarre, the eccentric, the ridiculous and the just plain hilarious

Tuesday 4 Feb Speaker: Harvey Broadbent

2. **Songs of a Life**

Baby Boomer Harvey traces a life with music and song in an engaging morning of live music as he performs songs that have influenced his life

Tuesday 3 Mar Speaker: Harvey Broadbent

3. **Five Steps to Improve your Memory and Brain Health**

Find out the many causes of memory problems and what you can do to improve your memory

Tuesday 7 Apr Speaker: Louise Hallinan

4. **Have Fun Write Away**

Anyone can write a word, a list, a sentence, a poem or a short story. We look at language and words through interactive games and discussions

Tuesday 5 May Speaker: Sue Greenfield

5. **Charlotte Bronte's Jane Eyre**

This illustrated talk analyses the enduring popularity of this novel with a little swarthy governess for a heroine and a middle-aged ruffian for a hero

Tuesday 2 Jun Speaker: Cindy Broadbent

NARRABEEN NORTH: COASTAL ENVIRONMENT CENTRE

Pelican Path Lake Park Rd Parking available
Wheelchair access
Venue Coordinator: Barbara Larkin 9913 3481
jeddasam1@bigpond.com

MONDAY AT THE MOVIES (MAM)

For those who enjoy current movies, view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography. Decide your own ratings
Mondays 3 Feb, 2 Mar, 6 Apr, 4 May, 1 Jun, 10:00 - 12:00. No school holidays

Leader: Heather Leggat

Bookings: Alan Leggat 9997 3183
ahleggat@bigpond.com (preferred)

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde Parking available

CROQUET

Teaching available on request. No partner required. Mallets supplied. Games are organised to accommodate on a first come basis

Each Tuesday from 14 Jan 8:30 - 12:00

Leader: Bob Hunter 9970 7352 hunterdeb@bigpond.com

Bookings: Jill Barrett 9982 2387 jillb45@hotmail.com

NEWPORT COMMUNITY CENTRE

11-13 The Boulevard. Parking available.
Wheelchair access
No courses at Newport during school holidays
Venue Coordinator Elizabeth Waring
elizabethwaring5@gmail.com

ART CLASS WITH DENISE BARRY

Activities Rm. This course will be working mostly in acrylic paint. The leader comes from a background as a practising artist (painter), art teacher and therapist.

Bookings essential

Each Thursday from 30 Jan 1:00 - 4:00

Leader: Denise Barry 9974 5335
powerfulowl2@gmail.com

Bookings: Terry Bickerton 9970 7161
terry.bickerton@bigpond.com

ART CLASS WITH KAYE DEXTER

Activities Rm. This acrylics course is for advanced painters, who need to bring own equipment. **Bookings essential**

Each Monday from 3 Feb 1:00 - 4:00

Leader: Kaye Dexter

Bookings: Robyn Mayman 9918 2941
peter@maymans.com (preferred)

DRAMA ACTIVITIES THROUGH MOVEMENT, MIME AND IMPROVISATION (20)

Activities Rm. Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama to music, also mime, improvisation and roleplaying

Bookings essential

Alt Wednesdays from 5 Feb 1:30 - 4:00

Leader: Helen Rosenkranz 0405 060 727
helenrosenkranz@gmail.com

Bookings: Claire Kennedy 0402 832 611
eurobin10@hotmail.com

INTERMEDIATE FRENCH

Activities Rm. A good knowledge of French grammar required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening. Textbook and dictionary essential. **Bookings essential**

Alt Wednesdays from 29 Jan 1:30 - 3:30

Leader: Danina Anderson

Bookings: Frances Buchan 0412 127 182
francesandtonybuchan@gmail.com

PHOTOGRAPHY

Learn to take stunning photographs on your mobile phone or SLR covering composition and lighting and learn basic editing. As this is a new revised course, previous students welcome. Course is 3 sessions each in February and May.

Bookings essential

Mondays 3 Feb, 10 Feb, 17 Feb and 4 May, 11 May, 18 May from 9:00 - 12:00

Leader and **bookings:** Tony Clark 0416 060 148
tony.clark.48@gmail.com

TABLE TENNIS

Main Hall. Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year-round play **Bookings essential**

Each Thursday from 30 Jan 1:15 - 4:15

Leader: Neil Mitchell 0405 123 521 pnmcons@tpg.com.au

Bookings: Carole Young caroleyoung@me.com

TOPICS OF INTEREST AT NEWPORT

Main Hall. Come and join a friendly group to experience ten separate presentations by people who are experts in, or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics (10 sessions), **Bookings not required**

First Wednesday of each month from 5 Feb 1:30 - 3:30

Fourth Tuesday of each month from 25 Feb 1:30 - 3:30

Leader: Margaret White marg.whiteu3@gmail.com

1. Keeping Women out of Prison (KWOOP)

KWOOP Coalition came together to address some of the systemic failures of human rights which impact women in NSW prisons. What about their children?

Wednesday 5 Feb Speaker: Rosalind Strong

2. The Norfolk Island Story - From Hell to Paradise

The British used the island as a source of shipbuilding materials using convict labour with countless brutal floggings and public executions! Now, it's tranquil and majestic!

Tuesday 25 Feb Speaker: Patrick Dodd

3. Reconstructing the Past - What are Today's Young Archaeologists Working On and Where?

Animal remains are used to reconstruct past social and economic practices of the people who occupied these sites and the conditions with which they interacted

Wednesday 4 Mar Speaker: Kate Woo

4. Discoveries and Inventions That Have Shaped Our World

A look at some of the top discoveries and inventions that have changed the world in which we live and the science and patents behind these inventions

Tuesday 24 Mar Speaker: Ian Thompson

5. Behind the Scenes

A behind the scenes description of how musicals are chosen, cast, rehearsed and staged and how it is now a big business not just a hobby

Wednesday 1 Apr Speaker: Tom Sweeney

6. Genetics - Why We Age

Teasing out facts and making sense of science. Interesting and provocative. Developmental biology and human genetics. Inspiring, vibrant, witty

Tuesday 28 Apr Speaker: Dr Judy Ford

7. A Voyage To The Arctic

Follow this pictorial journey of intrepid travellers traversing the Northwest Passage sea route from the North Atlantic through the Canadian Arctic Archipelago to the Pacific Ocean

Wednesday 6 May Speaker: Greg Ross

8. So, What is Genealogy?

Learn the fundamentals of finding your ancestors, start growing your family tree, learn how to preserve the past for future generations and stay safe online

Tuesday 26 May Speaker: Leigh Haines

9. The Fenian Convicts in Australia

In 1868, sixty-two Irish Fenian rebels arrived at Fremantle aboard 'Hougoumont', the last convict ship ever sent to Australia. This presentation explores their convict experiences

Wednesday 3 Jun Speaker: Dr Keith Amos

10. The History Of Plastics

This talk covers the development of the materials, the explosion in uses and the many processing techniques. It will also discuss a little about recycling

Tuesday 23 Jun Speaker: David Malone

YOGA AND RELAXATION 1

The class consists of easy yoga postures which include stretching, joint mobility exercises, breathing practices and deep relaxation. The practice of yoga has many benefits including reducing stress by balancing the nervous system and helping to reduce blood pressure. Main Hall.

Bookings essential

Each Wednesday, except First Wednesday of each month, from 29 Jan 2:00 - 3:30

Leader: Louise Matthews louisemtws@yahoo.com.au

Bookings: Joy Cook joy.e.cook@gmail.com

YOGA AND RELAXATION 2

Each class consists of basic yoga practice, breathing and deep relaxation, which will help improve joint mobility, increase muscle flexibility and bone density. Main Hall

Bookings essential for either Monday or Friday

Each Friday from 31 Jan 12:30 - 2:00

Each Monday from 3 Feb 12:30 - 2:00

Bookings: Pamela Frei 0415 603 906
pamelannfrei@icloud.com (preferred)

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave

RECORDER CONSORT

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz. New players always welcome. Church Hall. No public holidays

Each Wednesday from 8 Jan 10:30 - 12:30

Leader and **bookings:** Colleen Russell 9918 3817

NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds. Parking available inside the venue grounds

Venue Coordinator: Ruth Buchanan 0401 203 368

ruth.buchanan@bigpond.com

A TASTE OF ITALIAN FOOD

The presentation will give an introduction to Italian Food. Recipes for several popular dishes will be introduced, discussed and made available for tasting

Thursday 23 Jan 10:00 - 12:00

Leader and **bookings:** Jim Murray 9938 2847

jimmurray2@mac.com

ACTIVE SENIORS DANCE CLASSES

Learn social dances i.e. waltz, tango, rumba, rock, cha cha, sequence. Enjoy afternoon tea and meet new friends.

Each Friday from 7 Feb 1:30 - 3:30 No school holidays

Leader: Barbara Martin

Bookings: Susan Ascher 0439 912 512 sues2512@tpg.com.au

AT THE CINEMA - ORSON WELLES

Explore the life and career of actor/director Orson Welles through talks, viewing his major movies and discussion. A program will be available at the first session.(9 sessions)

First and third Tuesdays from 4 Feb: 1:15 - 3:45

Leader and **bookings:** Robert Englund 8521 7540
r.englund@optusnet.com.au

BALANCE 'N' BONES EXERCISE

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by the Beth Denny DVD. Easy program at 9:30 followed by a slightly more advanced program at 10:30. No public holidays

Each Monday from 13 Jan 9:30 - 10:20 and 10:30 - 11:20

Each Friday from 10 Jan 9:30 - 10:20 and 10:30 - 11:20

Leader: Ruth Buchanan

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Ruth Buchanan ruth.buchanan@bigpond.com

BEHIND THE NEWS

Media outlets summarise important issues - political, economic or scientific - in a few catch phrases. These discussions will focus on topics that have been in the public eye recently with a view to examining them in greater depth. (3 sessions)

Thursdays 30 Apr, 14 May, 28 May 10:00 - 12:00

Leader: Peter Nixon

Bookings: Virginia Lawrence virginialaw@bigpond.com

CANASTA (BOLIVIA VERSION) 1

If you can play canasta, take the opportunity to expand your skills by learning the rules of this game. Tuition will be provided during the first two weeks of the course

Each Monday from 13 Jan 12:45 - 3:45

Leader and **bookings:** Jacki Bateman 9913 8559
jackibateman@optusnet.com.au

CANASTA (BOLIVIA VERSION) 2 (30)

Take the opportunity to learn the intricate strategies of this version of Canasta. Tuition will be provided on 6, 13 and 20 Feb

Each Thursday from 6 Feb 12:45 - 3:45

Leader and **bookings:** Eve Lane 0455 948 864
evelane222@gmail.com

CAPTAIN COOK IN AUSTRALIA 250 YEARS AGO

Captain Cook was a brilliant explorer and innovator who sailed along the East Australian coast 250 years ago. He introduced chronometers to measure longitude and innovations in diet and health to eliminate scurvy and typhus.

Thursday 16 Jan 10:00 - 12:00

Leader and **bookings:** Jim Murray 9938 2847
jimmurray2@mac.com

COOKING FOR HOPELESS MEN (12)

Learn how to cook the simple and healthy way in small groups. Limited positions available

Second and fourth Tuesdays from 11 Feb: 1:15 - 3:45

Leader and **bookings:** Jim Murray 9938 2647
jimmurray2@mac.com

DISCUSSION GROUP

Small meeting rm. A friendly forum at which matters of public interest are discussed and debated, all participants being free to express their views openly and nominate items for the agenda

Alt Mondays from 3 Feb 1:30 - 3:30

Leader and **bookings:** Duba Skelton 0403 494 667

ECLECTIC MUSIC

A mix of easy listening, Rock and Roll, Jazz and Soul Music favourites Various leaders

First Thursday of the month from 6 Feb 10:00 - 12:00

Enquiries: Ruth Buchanan ruth.buchanan@bigpond.com

FROM SANDSTONE PAGODAS TO OCEAN CORALS, BEACHES AND SHORES

An update on what is happening to Sydney's internationally unique pagoda landscape, known as the Gardens of Stone near Lithgow

Thursday 25 Jun 10:00 - 12:00

Leader: Janine Kitson 0428 860 623

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

LADY HAMILTON AND LORD NELSON

Born into poverty and with a murdered father, Emma Hamilton became the confidante of the Queen of Naples, the lover of the national hero, Horatio Nelson, and the muse of a fashionable English painter

Thursday 30 Jan 10:00 - 12:00

Leader and **bookings:** Jim Murray 9938 2847
jimmurray2@mac.com

MAH JONG - THE WESTERN GAME

Learn and play Mah Jong in a friendly atmosphere. Patient teaching is provided

Each Thursday from 16 Jan 12:45 - 3:45

Leader: Judith Bennett email@narrabeenlagoon.org.au

Bookings: Rosalie Howard 9982 8130

rosaliehoward@bigpond.com

QUIET GAMES SESSION

Games, chess, cards, scrabble etc. Quiet space to play your own choice of game is available. You must have your own partners and equipment. You must arrive and depart at the correct times so as not to disturb others

Each Monday from 13 Jan 12:45 - 3:45

Leader and **bookings:** Jacki Bateman 9913 8559

jackibateman@optusnet.com.au

SOCIAL SEQUENCE DANCING

Dancing for fun and to keep your mind and body active. Gracious old favourites. Come for an hour or more. Please bring your own lunch

Each Tuesday from 14 Jan: 9:15 - 1:00

Leader and **bookings:** Rosemary MacDonald 0429 702 997

rjmac148@gmail.com

SOLVING CRYPTIC CROSSWORDS BASIC INTRODUCTION (16)

Cryptic crosswords conform to a set of rules which once you are aware of them will help you unravel those tricky clues.

A basic course intended for those who would like to learn some strategies and techniques to get started. (6 sessions)

Thursdays 13 Feb, 27 Feb, 12 Mar, 19 Mar, 9 Apr, 23 Apr 10:00 - 12:00

Leader and **bookings:** Eve Lane 0455 948 864

evelane222@gmail.com

THE HALVORSEN STORY

The Halvorsen family showed extraordinary commitment to boat building and excellent craftsmanship and boat design skills. Their yachts achieved great success in classic ocean racing, including Sydney to Hobart and closed water racing

Thursday 11 Jun 10:00 - 12:00

Leader: Noel Phelan

Bookings: Ruth Buchanan ruth.buchanan@bigpond.com

WOMEN WHO DID NOT KNOW THEIR PLACE

Traditionally, women have been allocated a specific 'place' in society. Over the past three centuries individuals in the English-speaking world have fought for increased rights and freedoms, including equality with men. What has been gained or lost?

Thursdays 20 Feb, 16 Apr, 21 May, 18 Jun 10:00 - 12:00

Leader and **bookings:** Joan Giumelli 9981 7509

jgiumelli@ozemail.com.au

WARRIEWOOD: NELSON HEATHER SENIOR CITIZENS CENTRE

Cnr Jacksons and Boondah Rds. Parking available
Wheelchair access

Venue Coordinator Marcia Andrews 9979 8707

marciaandrews711@hotmail.com

AN OVERVIEW OF SCIENCE

Banksia Rm. For members who enjoy science, please join us for a series of talks on a wide range of topics presented by speakers, expert in their field (9 sessions) **Bookings not required**

Alt Fridays from 14 Feb 1:30 - 3:30

Leader: Ian Thompson collaroyplateau@hotmail.com
Enquiries: Merry Parnell 9999 3414 merry21@hotmail.com

1. History and Present use of Alcohol, Ice, Ecstasy and Cocaine - Part 1

These substances are causing problems in society today. How do they affect the body and the mind? Both legal and illicit drugs will be considered

Friday Feb 14 Speaker: Dr Rosemarie Einstein

2. History and Present use of Alcohol, Ice, Ecstasy and Cocaine - Part 2

We continue the discussion on the history and present use of both legal and illicit drugs and why are they used

Friday Feb 28 Speaker: Dr Rosemarie Einstein

3. Anatomy of Trees and Wood

Learn about the chemical equation of photosynthesis, the chemical composition of wood, Australian forests types and locations and the production and uses of forest products

Friday Mar 13 Speaker: Leigh Haines

4. Space: the Next Frontier

Challenges and preparation needed in facing future space travel

Friday Mar 27 Speaker: Joan Scott

5. The Alarming Rise and Rise of Blood Cancers

The rate of 'blood cancers' (lymphoma and leukaemia) are increasing. What should you know about them? How can you minimize your risks?

Friday Apr 24 Speaker: Dr Judy Ford

6. Violin Making

What goes into the making of a beautiful sounding instrument like the violin? You'll have a greater respect for it after this talk

Friday May 8 Speaker: Raymond Howes

7. Art Meets Mathematics, plus the Irrational Number Pi - π

Art Meets Mathematics: Tessellations and the remarkable work of M.C. Escher, plus a study of the fascinating mathematical constant Pi

Friday May 22 Speaker: Dick Whitaker

8. Nuclear Power - Australia's Answer to Climate Change?

Should nuclear power be part of Australia's 2050 clean energy commitments? We weigh up the nuclear option

Friday Jun 5 Speaker: Martin Thomas AM

9. The First Million Years of Human Communication

Communication between humans defines our species. The Internet is the most recent and possibly most far-reaching innovation following speech, writing and the printing press

Friday Jun 19 Speaker: Dr Laurie Wilson

CONTEMPORARY ISSUES (25)

Banksia Rm. A friendly forum at which matters of public interest are discussed and debated, all participants being free to express their views openly and nominate items for the agenda

Alt Thursdays from 9 Jan 1:45 - 3:45

Leader: Lynn Grierson 9913 3964
Bookings: Marianne van de Voorde 9913 7968
marmonvan@hotmail.com

CONVERSATIONAL GERMAN

Waratah Rm. Do you want to improve your German? Participants should have medium knowledge of German. Emphasis of the classes will be on conversation and grammar. Not for beginners

Alt Thursdays from 9 Jan 9:30 - 11:30

Leader and **bookings:** Inge Kohl ingekhol@gmail.com

FRENCH CONVERSATION (16)

Waratah Rm. Advanced conversation in French based on a text and tape

Alt Fridays from 7 Feb 10:00 - 12:00

(No public holidays)

Leader: Wendy Clark

Bookings: Maureen Black 9982 7149
maurengb192@gmail.com

PSYCHOLOGY

Angophora/Waratah Rms (alternate weeks). The course will look at perception, learning, cognition, memory, beliefs and values. It will be interactive and require attendees to participate in various activities to support the ideas presented. The course is sourced from Psychology and Neuro-Linguistic programming material. (8 sessions)

Each Friday from 7 Feb 9:45 - 12:15

Leader and **bookings:** Mike Williams 0413 878 567
mikews@optusnet.com.au

PURE CLASS WRITING

Waratah Rm. If you like to write poetry, memoirs, short stories or novels, bring your work along for opportunities to read your work, receive constructive feedback, enjoy meeting with other writers and complete a short writing challenge each time

Alt Mondays from 17 Feb 1:30 - 3:30

Leader and **bookings:** Diane Harding 9944 0886
dianeharding@optusnet.com.au

SINGING FOR THE JOY OF SINGING

Angophora Rm. Come along and sing well-known songs from all genres. Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen

Alt Fridays from 31 Jan 10:00 - 12:00

Bookings are essential. We encourage you to book this course online as part of our pilot project for online bookings (see further details at front of book). **To book** go to www.sydneyu3a.org or contact Elizabeth Rush 0423 104 682 elizabethrush646@gmail.com (preferred)
Leader: Lynne Wasinski

RUSSIAN FOR BEGINNERS

Banksia Rm. This course is for those with no knowledge of Russian. Learn Russian in a relaxed and enjoyable manner. The course book is *Learn Russian the Fast and Fun Way* by Thomas R Beyer available on-line and at Abbey's Language Bookshop

First and third Wednesdays in each month from 5 Feb 2:00 - 4:00

Leader: Tim Coyle 0449 120 346 m.coyle@iinet.net.au
Bookings: Mary May 8959 4995
maryamay@tpg.com.au

TOPICS OF OUR TIMES (25)

Banksia Rm. Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions; however, you are welcome to simply listen

Alt Tuesdays from 14 Jan 2:00 - 4:00

Leader: Antoine van de Walle 8090 2884; 0401 095 797
antoinevdwalle@gmail.com

Bookings: Peggy Crocker 9975 6828 fripeg@optusnet.com.au

YOU NEED NOT AGREE (16)

Waratah Rm. A small group for discussion of topical, local, national, international or general matters where all opinions are welcome

Alt Mondays from 20 Jan 10:00 - 12:00

Leader and **bookings:** Kevin Murray 9997 6078, 0413 306
146 kevandglenny@gmail.com (preferred)

PRIVATE HOMES

Note: Bookings essential for all private homes

ANDROID TABLET COMPUTER WORKSHOPS (Frenchs Forest) (4)

Enjoy learning to use your Android tablet computer. Have fun and work collaboratively with peers and with the guidance of a tutor to uncover the power of your device

Each Thursday from 6 Feb 1:00 - 3:00

Leader and **bookings:** Antoine van de Walle 8090 2884;
0401 095 797 antoinevdwalle@gmail.com

ART - OILS, PASTELS, ACRYLICS (Belrose) (10)

Enjoy art with a happy group of people for a friendly exchange of ideas and guidance

Each Friday from 7 Feb 9:30 - 11:30

Leader and **bookings:** Delvene Lawrence 9975 3788
delveneml@bigpond.com

BACH TO THE FUTURE (Avalon) (20)

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and suggest topics for future study

Alt Fridays from 24 Jan 2:00 - 4:00

Leader and **bookings:** Roger Pratt 9918 9277
a.and.r.pratt2@bigpond.com

MAH JONG - THE WESTERN GAME (Belrose) (8)

Learn and play Mah Jong in a friendly atmosphere

Each Monday from 3 Feb 12:30 - 4:30

Each Wednesday from 5 Feb 9:30 - 11:30

Leader and **bookings:** Delvene Lawrence 9975 3788
delveneml@bigpond.com

WENDY'S BOOK CLUB (Forestville) (10)

We read and discuss books borrowed as kits from the library. Every second meeting we share reading aloud another book chosen by the group to read on a continuing basis

Alt Thursdays from 6 Feb 1:00 - 3:00

Leader: Bernie Gibson 0416 231 513
bernieanddavid@hotmail.com

Bookings: Shirley Carruthers 9486 3657